I Am Every Good Thing

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Ideas for enjoying the book at home

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About the Book:

Before reading this book with your child, find out a little bit about it so you can help your child experience joyfulness while reading with you. This is a book about being proud of everything that makes us who we are. It's about self-love and the power of affirmations. Children will see themselves reflected in the Black narrator of this book because he tells us how talented, smart, hilarious, loving, and curious he is—just like all children are. Sometimes he is afraid, but then he remembers that he is brave, hopeful, and worthy of kindness, respect, safety, and happiness. Your child will relate to the beautiful ideas in this book, delight in the beautiful illustrations, and be inspired creatively.

Jump into Joyful Reading!

Invite your child to share their thinking and ask questions as you enjoy the book together. The main thing is to have fun and enjoy one another's company as you read together. Here are some things you can say and do to create a joyful reading experience for your child.

Before Reading:

- What do you notice about the cover?
- What do you think about the title?
- What do you think we will discover in this book?

While Reading:

- What do you notice in the picture?
- What do you think about what we just read?
- What are you curious about now?

After Reading:

- What did you think about the book?
- How did it make you feel?
- What was your favorite part?
- What are some good things you can say about yourself?

Turn the page over for creative expression ideas!

Creative Expression Activities

After you read the book, unleash your imagination and creativity! Use the ideas below to choose your own adventure. What other ideas did the book inspire your amazing mind to think of?

Poetry

Craft an "I Am" poem. Start each line with "I am ..." and try to use some of the words from the book.

You can write the poem on your own or tell someone your words, and they can write it. If you want to, draw a picture to go with your poem.

Visual Arts

Draw, color, paint, collage, or build something that shows what you are thinking or feeling about the book. Your creation might be about ...

- your favorite part of the book
- how the book makes you feel
- one of the affirmations from the book

Kindness

Begin and end each day with kind and loving self-talk.

Choose affirmations from the book or your own words. Here's an example:

- I am loved.
- I am safe.
- I am kind.
- I am every good thing.

Mindfulness

Sit very still or lie down somewhere comfortable. Close your eyes and be very still. Take three, slow, deep breaths and fill your belly up with air. Notice how it makes you feel calmer.

Now, breathe normally, and imagine that you are breathing in all the love in the world and then breathing out all your love to the world.

Open your eyes and give yourself a big hug. Smile. You are loved!

Movement

Put on your favorite song, and dance! When the music stops, freeze! Your parent, family member, or caregiver will say some words from the book. When the music starts again, show what those words mean though dance. Here are some of the words you might hear:

- a nonstop ball of energy
- the glow of moonbeams
- a cool breeze
- a roaring flame of creativity
- the boom-bap-boom-boom-bap
- waves crashing gently on the shore

Literacy

How about writing and illustrating your own "I am" book?

Start by talking about all the things that are good about you (at least 10!). You can begin each page with "I am ..." or pick your own way to begin.

If you want to, you can borrow some of the beautiful ideas, words, and pictures from "I Am Every Good Thing" and use them in your book. Or, you can make your book completely unique.

This is all about you!